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# Patient Pack

for Total Diet Replacement (TDR) for Weight Control

Nutritionally complete formula for weight loss

## Phase 1

Total Diet Replacement (TDR)

**Phase 1 TDR** Replacement of all ordinary foods with a nutrient complete formulation. This strict dieting phase continues until you reach your desired weight or wish to stop.

## Phase 2

Refeed Week

**Phase 2 Refeed Week** Transfer from the TDR diet to ordinary food. This takes 1 week and is then followed by **Phase 3**.

## Phase 3

Meal Replacement Plan (MRP)

**Phase 3 MRP** Free long term supervision to help you manage your weight into the future.

Total Diet Replacement

Tel (IRL): +353-43-33-31969

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# Know your BMI

The Body Mass Index (BMI) chart is a very good indicator of how your weight affects your health.

1. Find your height along the top
2. Find your weight on the side
3. Circle your BMI
4. Aim for green the healthy section

BMI Body Mass Index			Weight(kg)																							
			Height x Height(m)																							
			Ft	4'6"	4'7"	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"		
			m	1.37	1.40	1.42	1.45	1.47	1.50	1.52	1.55	1.58	1.60	1.63	1.65	1.68	1.70	1.73	1.75	1.78	1.80	1.83	1.85	1.88		
St	lb	kg	SUPER MORBID OBESE										SUPER MORBID OBESE					MORBID OBESE				SUPER OBESE				
20	7	130	69.3	66.3	64.5	61.8	60.2	57.8	56.3	54.1	52.1	50.8	48.9	47.8	46.1	45.0	43.4	42.4	41.0	40.1	38.8	38.0	36.8			
20	2	128	68.2	65.3	63.5	60.9	59.2	56.9	55.4	53.3	51.3	50.0	48.2	47.0	45.4	44.3	42.8	41.8	40.4	39.5	38.2	37.4	36.2			
19	12	126	67.1	64.3	62.5	59.9	58.3	56.0	54.5	52.4	50.5	49.2	47.4	46.3	44.6	43.6	42.1	41.1	39.8	38.9	37.6	36.8	35.6			
19	7	124	66.1	63.3	61.5	59.0	57.4	55.1	53.7	51.6	49.7	48.4	46.7	45.5	43.9	42.9	41.4	40.5	39.1	38.3	37.0	36.2	35.1			
19	3	122	65.0	62.2	60.5	58.0	56.5	54.2	52.8	50.8	48.9	47.7	45.9	44.8	43.2	42.2	40.8	39.8	38.5	37.7	36.4	35.6	34.5			
18	13	120	63.9	61.2	59.5	57.1	55.5	53.3	51.9	49.9	48.1	46.9	45.2	44.1	42.5	41.5	40.1	39.2	37.9	37.0	35.8	35.1	34.0			
18	8	118	62.9	60.2	58.5	56.1	54.6	52.4	51.1	49.1	47.3	46.1	44.4	43.3	41.8	40.8	39.4	38.5	37.2	36.4	35.2	34.5	33.4			
18	4	116	61.8	59.2	57.5	55.2	53.7	51.6	50.2	48.3	46.5	45.3	43.7	42.6	41.1	40.1	38.8	37.9	36.6	35.8	34.6	33.9	32.8			
17	13	114	60.7	58.2	56.5	54.2	52.8	50.7	49.3	47.5	45.7	44.5	42.9	41.9	40.4	39.4	38.1	37.2	36.0	35.2	34.0	33.3	32.3			
17	9	112	59.7	57.1	55.5	53.3	51.8	49.8	48.5	46.6	44.9	43.8	42.2	41.1	39.7	38.8	37.4	36.6	35.3	34.6	33.4	32.7	31.7			
17	5	110	58.6	56.1	54.6	52.3	50.9	48.9	47.6	45.8	44.1	43.0	41.4	40.4	39.0	38.1	36.8	35.9	34.7	34.0	32.8	32.1	31.1			
17	0	108	57.5	55.1	53.6	51.4	50.0	48.0	46.7	45.0	43.3	42.2	40.6	39.7	38.3	37.4	36.1	35.3	34.1	33.3	32.2	31.6	30.6			
16	10	106	56.5	54.1	52.6	50.4	49.1	47.1	45.9	44.1	42.5	41.4	39.9	38.9	37.6	36.7	35.4	34.6	33.5	32.7	31.7	31.0	30.0			
16	5	104	55.4	53.1	51.6	49.5	48.1	46.2	45.0	43.3	41.7	40.6	39.1	38.2	36.8	36.0	34.7	34.0	32.8	32.1	31.1	30.4	29.4			
16	1	102	54.3	52.0	50.6	48.5	47.2	45.3	44.1	42.5	40.9	39.8	38.4	37.5	36.1	35.3	34.1	33.3	32.2	31.5	30.5	29.8	28.9			
15	11	100	53.3	51.0	49.6	47.6	46.3	44.4	43.3	41.6	40.1	39.1	37.6	36.7	35.4	34.6	33.4	32.7	31.6	30.9	29.9	29.2	28.3			
15	6	98	52.2	50.0	48.6	46.6	45.4	43.6	42.4	40.8	39.3	38.3	36.9	36.0	34.7	33.9	32.7	32.0	30.9	30.2	29.3	28.6	27.7			
15	2	96	51.1	49.0	47.6	45.7	44.4	42.7	41.6	40.0	38.5	37.5	36.1	35.3	34.0	33.2	32.1	31.3	30.3	29.6	28.7	28.0	27.2			
14	11	94	50.1	48.0	46.6	44.7	43.5	41.8	40.7	39.1	37.7	36.7	35.4	34.5	33.3	32.5	31.4	30.7	29.7	29.0	28.1	27.5	26.6			
14	7	92	49.0	46.9	45.6	43.8	42.6	40.9	39.8	38.3	36.9	35.9	34.6	33.8	32.6	31.8	30.7	30.0	29.0	28.4	27.5	26.9	26.0			
14	2	90	48.0	45.9	44.6	42.8	41.6	40.0	39.0	37.5	36.1	35.2	33.9	33.1	31.9	31.1	30.1	29.4	28.4	27.8	26.9	26.3	25.5			
13	12	88	46.9	44.9	43.6	41.9	40.7	39.1	38.1	36.6	35.3	34.4	33.1	32.3	31.2	30.4	29.4	28.7	27.8	27.2	26.3	25.7	24.9			
13	8	86	45.8	43.9	42.7	40.9	39.8	38.2	37.2	35.8	34.4	33.6	32.4	31.6	30.5	29.8	28.7	28.1	27.1	26.5	25.7	25.1	24.3			
13	3	84	44.8	42.9	41.7	40.0	38.9	37.3	36.4	35.0	33.6	32.8	31.6	30.9	29.8	29.1	28.1	27.4	26.5	25.9	25.1	24.5	23.8			
12	13	82	43.7	41.8	40.7	39.0	37.9	36.4	35.5	34.1	32.8	32.0	30.9	30.1	29.1	28.4	27.4	26.8	25.9	25.3	24.5	24.0	23.2			
12	8	80	42.6	40.8	39.7	38.0	37.0	35.6	34.6	33.3	32.0	31.3	30.1	29.4	28.3	27.7	26.7	26.1	25.2	24.7	23.9	23.4	22.6			
12	4	78	41.6	39.8	38.7	37.1	36.1	34.7	33.8	32.5	31.2	30.5	29.4	28.7	27.6	27.0	26.1	25.5	24.6	24.1	23.3	22.8	22.1			
12	0	76	40.5	38.8	37.7	36.1	35.2	33.8	32.9	31.6	30.4	29.7	28.6	27.9	26.9	26.3	25.4	24.8	24.0	23.5	22.7	22.2	21.5			
11	9	74	39.4	37.8	36.7	35.2	34.2	32.9	32.0	30.8	29.6	28.9	27.9	27.2	26.2	25.6	24.7	24.2	23.4	22.8	22.1	21.6	20.9			
11	5	72	38.4	36.7	35.7	34.2	33.3	32.0	31.2	30.0	28.8	28.1	27.1	26.4	25.5	24.9	24.1	23.5	22.7	22.2	21.5	21.0	20.4			
11	0	70	37.3	35.7	34.7	33.3	32.4	31.1	30.3	29.1	28.0	27.3	26.3	25.7	24.8	24.2	23.4	22.9	22.1	21.6	20.9	20.5	19.8			
10	10	68	36.2	34.7	33.7	32.3	31.5	30.2	29.4	28.3	27.2	26.6	25.6	25.0	24.1	23.5	22.7	22.2	21.5	21.0	20.3	19.9	19.2			
10	6	66	35.2	33.7	32.7	31.4	30.5	29.3	28.6	27.5	26.4	25.8	24.8	24.2	23.4	22.8	22.1	21.6	20.8	20.4	19.7	19.3	18.7			
10	1	64	34.1	32.7	31.7	30.4	29.6	28.4	27.7	26.6	25.6	25.0	24.1	23.5	22.7	22.1	21.4	20.9	20.2	19.8	19.1	18.7	18.1			
9	11	62	33.0	31.6	30.7	29.5	28.7	27.6	26.8	25.8	24.8	24.2	23.3	22.8	22.0	21.5	20.7	20.2	19.6	19.1	18.5	18.1	17.5			
9	6	60	32.0	30.6	29.8	28.5	27.8	26.7	26.0	25.0	24.0	23.4	22.6	22.0	21.3	20.8	20.0	19.6	18.9	18.5	17.9	17.5	17.0			
9	2	58	30.9	29.6	28.8	27.6	26.8	25.8	25.1	24.1	23.2	22.7	21.8	21.3	20.5	20.1	19.4	18.9	18.3	17.9	17.3	16.9	16.4			
8	12	56	29.8	28.6	27.8	26.6	25.9	24.9	24.2	23.3	22.4	21.9	21.1	20.6	19.8	19.4	18.7	18.3	17.7	17.3	16.7	16.4	15.8			
8	7	54	28.8	27.6	26.8	25.7	25.0	24.0	23.4	22.5	21.6	21.1	20.3	19.8	19.1	18.7	18.0	17.6	17.0	16.7	16.1	15.8	15.3			
8	3	52	27.7	26.5	25.8	24.7	24.1	23.1	22.5	21.6	20.8	20.3	19.6	19.1	18.4	18.0	17.4	17.0	16.4	16.0	15.5					
7	12	50	26.6	25.5	24.8	23.8	23.1	22.2	21.6	20.8	20.0	19.5	18.8	18.4	17.7	17.3	16.7	16.3	15.8	15.4						

15 - 20 Underweight	20 - 25 Healthy	25 - 30 Overweight	30 - 35 Obese
35 - 40 Super Obese	40 - 45 Morbid Obese	45 - 50 Super Morbid Obese	50+ Super Super Morbid Obese

Name:  Date:

Starting BMI:  Weight:  Target BMI:  Weight:

# Set your **weight loss** goal

## Health benefits

Improve my blood pressure,  
help my type 2 diabetes,  
asthma, or indigestion

Help increase my fertility

Reduce my joint pain

Prepare for my  
operation

## Activity benefits

Play sport again

Climb the stairs easily

Play with grandchildren

Walk to the shops

Run a 5K or  
marathon

# What's your weight loss goal?

Kg/Stones

## Lifestyle benefits

Improve my self-confidence

Look great for a wedding

Fit back into my smaller  
clothes

Sleep well

## What's your motivation?

Better health

Better lifestyle

Special occasion

Holiday



# Why is traditional dieting so hard?

## Traditional dieting is hard due to cravings (insulin resistance)

Just trying to cut back on your own using ordinary food doesn't always work.

Do certain foods trigger your cravings? For example bread, pasta, sweets, biscuits, fruit, simple carbohydrates. If you crave certain foods or tend to graze late at night, you may have a problem called insulin resistance and the best way to diet is to use **NewWeigh Total Diet Replacement (TDR)**.



Using this strict diet method you will feel in control and experience little hunger after 3 or 4 days, making dieting possible. If you are fortunate and don't struggle with cravings then **NewWeigh Meal Replacement Plan (MRP)** is a less strict diet option.

## Ketosis makes dieting easier

TDR is a ketogenic diet which provides all your daily nutrients. During this strict phase of dieting, your body is using your fat stores for energy (producing ketones) and the sachets are providing complete nutrition.

# Medical Questionnaire

Only required for Total Diet Replacement

**Phase 1**  
Total Diet  
Replacement

Start Date: / / Day 3 Date: / /

<b>Patient Name:</b>	<b>Pharmacy Name:</b>
Address:	Address:
Mob:	
Email: @	
Tel:	

Date of Birth: / / Height: (m)

Weight: (kg) BMI: Sex: M/F

Please answer all questions Yes or No

YES NO

Comments

	YES	NO	Comments
1 Do you have type 1 or type 2 diabetes?	<input type="checkbox"/>	<input type="checkbox"/>	
2 Have you read the Total Diet Replacement section in this booklet?	<input type="checkbox"/>	<input type="checkbox"/>	
3 Are you taking any over the counter or prescribed medication at the moment? Please list :	<input type="checkbox"/>	<input type="checkbox"/>	
4 Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	
5 Have you visited your GP in the last 18 months?	<input type="checkbox"/>	<input type="checkbox"/>	
6 Are you under any medical investigation or treatment at the moment?	<input type="checkbox"/>	<input type="checkbox"/>	
7 Do you have or have you ever had chest pain or heart trouble?	<input type="checkbox"/>	<input type="checkbox"/>	
8 Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>	
9 Do you suffer from indigestion or stomach problems?	<input type="checkbox"/>	<input type="checkbox"/>	
10 Do you have gallbladder or gallstone problems?	<input type="checkbox"/>	<input type="checkbox"/>	
11 Have you ever had a stroke? Please give details.	<input type="checkbox"/>	<input type="checkbox"/>	
12 Do you have kidney, prostate or bladder problems?	<input type="checkbox"/>	<input type="checkbox"/>	



# Medical Questionnaire

	YES	NO	
13 Do you have problems with constipation or piles?	<input type="checkbox"/>	<input type="checkbox"/>	
14 Do you take any thyroid medication?	<input type="checkbox"/>	<input type="checkbox"/>	
15 Do you have depression or any psychiatric conditions?	<input type="checkbox"/>	<input type="checkbox"/>	
16 Do you suffer from gout?	<input type="checkbox"/>	<input type="checkbox"/>	
17 Do you have a milk allergy or are you lactose intolerant?	<input type="checkbox"/>	<input type="checkbox"/>	
18 Do you have any serious medical conditions at the moment?	<input type="checkbox"/>	<input type="checkbox"/>	
19 Do you have liver disease or have you ever had liver disease in the past?	<input type="checkbox"/>	<input type="checkbox"/>	
20 Have you had a recent operation or do you need an operation?	<input type="checkbox"/>	<input type="checkbox"/>	
21 Do you ever have faints, blackouts or heart palpitations?	<input type="checkbox"/>	<input type="checkbox"/>	
22 Do you have epilepsy?	<input type="checkbox"/>	<input type="checkbox"/>	
23 Have you ever had bariatric or weight loss surgery?	<input type="checkbox"/>	<input type="checkbox"/>	
24 What is your weekly alcohol consumption?	Units:		
25 How much weekly exercise do you take?	Minutes		

## WOMEN ONLY SECTION

26 Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>	
27 Are you planning to become pregnant in the next four months?	<input type="checkbox"/>	<input type="checkbox"/>	
28 Have you had a miscarriage in the last three months?	<input type="checkbox"/>	<input type="checkbox"/>	
29 Have you given birth in the last three months?	<input type="checkbox"/>	<input type="checkbox"/>	
30 Do you have irregular periods (menstrual cycle)?	<input type="checkbox"/>	<input type="checkbox"/>	
31 Are you using a contraceptive cap or diaphragm? If yes, you must use another form of contraception.	<input type="checkbox"/>	<input type="checkbox"/>	

## Other information:

Please check the declaration box below to indicate that the questions have been answered to the best of your ability.

I declare the above answers are true and correct, that I have not omitted any material information. I have read the information provided for patients. I consent to the use of my anonymised data in publications. I authorise the release of this medical questionnaire in confidence to [NewWeigh](#). I consent to the review of this medical questionnaire by a pharmacist to assess my suitability for this diet method. I declare that I have given the full list of all my medications in Question 3 above.

I consent to receiving emails and text messages including marketing information and reminders from [NewWeigh](#) regarding my progress as part of this diet and my future weight management.

Patient Signature:

Date: / /

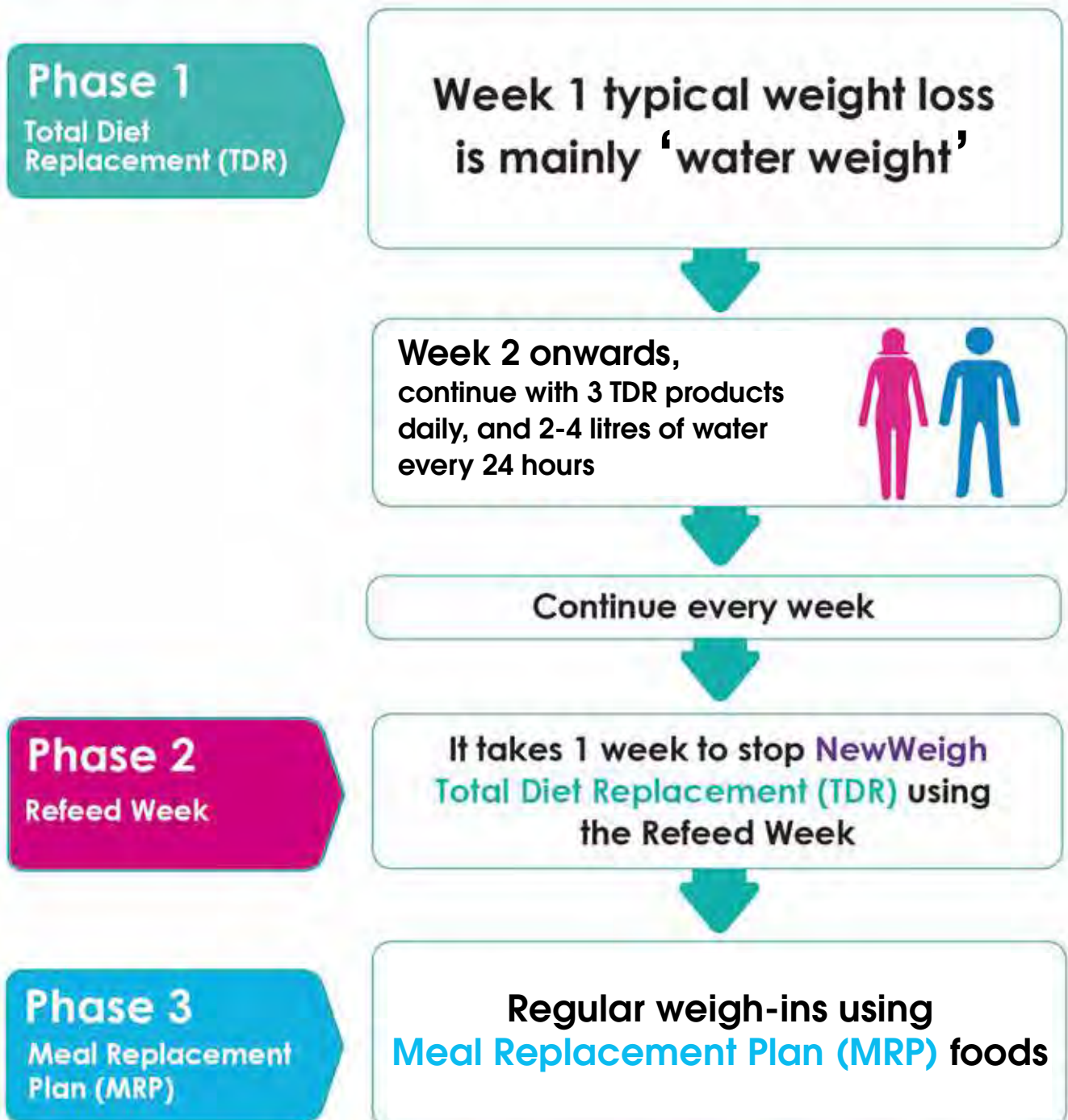
Pharmacist Signature:

Date: / /

# What is Total Diet Replacement (TDR)?

Phase 1  
Total Diet  
Replacement

Excess weight affects your lifestyle and your health. Whatever your reason for starting TDR, you should be aware that it is a strict process and different to any other method of dieting you may have used. This is a 3 phase medical programme which requires your commitment and co-operation. If you would prefer a less strict dieting option consider [NewWeigh Meal Replacement Plan \(MRP\)](#).





## Phase 1 Total Diet Replacement

# Total Diet Replacement is a simple & healthy diet method

Dieting using TDR is very simple. The sachet formula provides all the nutrients your body needs, and your fat reserves are used to supply energy. Using nutrient complete sachets, TDR allows you to get everything you need in a day to be healthy, in the minimum number of daily calories.



## A big calorie gap every day



The difference between the number of calories you take in and the number of calories you use is called the **calorie gap**. The bigger the **calorie gap**, the more weight you will lose.

You are not using fewer calories than normal when you are on this diet. You are simply using the calories stored in your body fat for energy.



# How do I start Total Diet Replacement?

Phase 1  
Total Diet  
Replacement

- ✓ Set your weight loss goals (see page 3).
- ✓ Have you enough time to start TDR without interruptions from holidays and special occasions?
- ✓ Complete an online Medical Questionnaire (from our website) for approval by the pharmacist.
- ✓ Follow the instructions in Phase 1 (TDR) of this Patient Pack to get you started.
- ✓ Pick a good day to start.

## What happens on days 1-3?



- Consume 3 **NewWeigh** products + black tea, black coffee and water.
- Your glycogen (sugar) store is being used up.
- You may get a headache or feel slightly groggy on day 3 or 4. If required, you may take paracetamol. Take it easy and remind yourself that this feeling will pass. Remember your goal.

## What happens on days 4-7?



### Day 4

- You start to feel comfortable as hunger is reduced.

### Day 5 Onwards

- You start to use up body fat to make up for the calorie gap.
- Slowly sip 2 - 4 litres (max 4L) of water every 24 hours.
- Weight loss could be 7lb (3kg) or more. This is mainly "water weight" and is the same for any diet. Real fat loss starts from week 2 onwards and continues every week that you are on the diet.

### TIPS!

Having a tough day?  
Distract yourself, go for a walk, or go to bed early. It will pass.

***You have done the hard bit. Keep going and the results will be wonderful.***

- Every week you must provide a weigh-in. Your body is now using its own fat reserves to produce ketones for fuel. You will feel full of energy and your hunger is manageable.
- Traditional dieting is hard due to cravings (insulin resistance). This is real weight loss now and your goal is achievable.
- Slowly sip 2-4 litres (max 4 litres) of water every 24 hours.
- Our computerised records track your progress. We will WhatsApp or email your results and tips every week to keep you motivated.

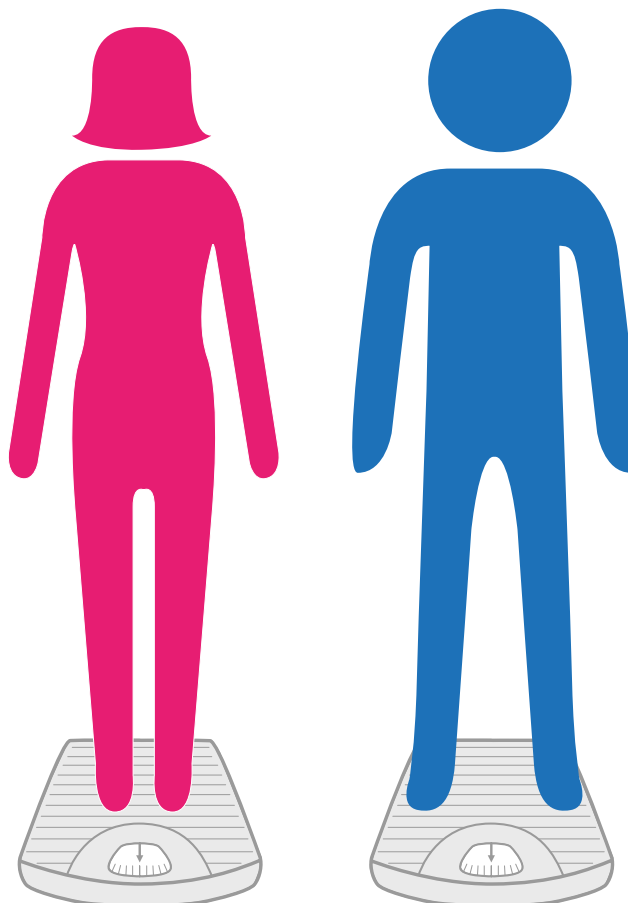
Ask any questions at your **NewWeigh** pharmacy or call us :

**+353 43 33 31969** or email: [info@newweigh.ie](mailto:info@newweigh.ie)

**+44 28 6648 0016** or email: [info@newweigh.co.uk](mailto:info@newweigh.co.uk)



## YOUR WEEKLY WEIGH-IN





# How to use Total Diet Replacement

Phase 1  
Total Diet Replacement

## Men and Women take 3 TDR products daily



### DO's

- ✓ Set your weight loss goal and pick a good day to start.
- ✓ Drink only black tea (leaf only), black coffee and water. Take tablet sweeteners if required.
- ✓ Slowly sip 2 - 4 litres (max. 4 L) of water every 24 hours.
- ✓ You may add coffee to chocolate and vanilla shakes if desired.
- ✓ Shakes may be taken hot or cold.
- ✓ Consume the full sachet within 15 minutes.
- ✓ Continue taking your regular medication.
- ✓ Take **Fibremore** to top up your fibre.
- ✓ Use **Papermints** to freshen your breath, no chewing gum.

### DON'Ts

- ✗ Powdered sweeteners are not suitable.
- ✗ Do not add salt, pepper, herbs, croutons, etc.
- ✗ Do not take vitamins, or OTC supplements as they will make you feel hungry (TDR is nutrient complete).
- ✗ Do not drink fruit, root, berry or flower teas as they interfere with the diet.
- ✗ Do not drink alcohol.
- ✗ Please do NOT miss any sachets as your body needs the nutrients.
- ✗ Do not give sachets to another person as they may not be suitable to use TDR.
- ✗ Eating any other food or drink will break the diet, make you feel hungry, and will slow your weight loss.
- ✗ Sorry no refunds - we need your commitment.

### TIPS!

If you are struggling ask us any questions or your  
**NewWeigh Pharmacy.**



## Drinking water

- Your success and comfort when dieting depends on drinking plenty of water. This is a good habit to develop.
- You must sip 2-4 litres (max 4 litres) of water every 24 hours. The easiest way is to drink between 125 to 250 ml every hour you are awake.
- Sip slowly throughout the day, starting when you wake up and continuing until bedtime. Not drinking properly may result in constipation and may slow down your weight loss.
- If you feel tired, light-headed or have a headache, you need to increase your water consumption.
- Drink your usual amount of tea and coffee when dieting as extra caffeine may make you feel unwell.
- It is important to drink right up to going to bed, even if it means having to get up at night to go to the toilet.



## Constipation

- **Fibremore** is an easy way to 'top up' your fibre - it has no taste.
- Constipation is caused by insufficient water intake. Small regular sips of water is the key to avoiding constipation.
- Bowel motions will be less than normal on TDR, but stools should be comfortable to pass.
- If you are uncomfortable it may be necessary to take Senokot or Dulcolax tablets as advised by your pharmacist.





# Facts you need to know

## Feeling cold

You may feel cold, due to the mild ketosis. Dress more warmly and consider adding hot water to your sachet. (Do not shake hot liquids in the shaker). You may drink warm water as part of your fluid intake.

## Breaking the diet

If you break the diet by consuming even a very small amount of food, you will feel uncomfortable and may retain water. Your weight loss will slow down and your determination will be damaged.

## Minor illnesses

Your diet is nutrient complete but of course you may get coughs, colds and other illnesses when on TDR. These do not normally affect the diet. Consult with your pharmacist or GP about any new symptoms or illnesses.

## Bad breath

If you notice bad breath, drink a little more water, use an approved mouthwash, brush teeth and tongue gently. Chewing gum, breath mints and sprays will break ketosis and must not be used. **PaperMints** are the only breath freshening product which is suitable.

## Exercise

You may notice that for the first two weeks on the diet, your exercise performance is lower than normal. Drink water before, during and after exercise. Exercise performance will return from around week three on TDR as ketone levels increase. Losing weight makes exercise easier as well as reducing the impact on your joints.

## Temporary hair thinning

Very rarely, dieting, pregnancy, illness or shock can cause temporary hair thinning (telogen effluvium). It is only noticeable as the hair is re-growing. If you are concerned about this possibility, particularly if it has happened to you before e.g. during pregnancy or illness, discuss this with your **NewWeigh** pharmacy or call us directly.

## Telling others

Your weight loss will be noticeable from week 2, but it's a personal choice whether you keep your goals private, tell friends or family.

## *Congratulations you are now on Phase 2*

- It takes 1 week to transfer back to ordinary food.
- Follow the instructions and quantities of food exactly. Adding extra food or **not** eating the full amounts will cause you to regain extra water weight (glycogen store/fluid bloat).
- At the end of the **Refeed Week**, if followed strictly, your weight should be stable or possibly 2-6lb/1-3kg higher. This is normal as your body replenishes it's sugar store (glycogen), so don't be concerned.

## *What do I need for the Refeed Week?*

You will need 8 **NewWeigh Meal Replacement Plan (MRP)** products. These nutritious, high fibre, high protein foods will keep you in control.





# 7 Day Refeed Week

## DAYS 1-3

### TIP FOR DAYS 1-3

Follow the instructions exactly – don't add in or miss out any food

You will notice that bread, pasta, fruit, rice and cereals are not included in the first 3 days. This is to avoid 'carbo loading' (fluid bloat/water weight). Carbohydrates will be slowly introduced from day 4 but should not make up a big part of your diet, as they can cause cravings (insulin resistance).

DAY 1		2 Meal Replacement Plan (MRP) foods + 1 small meal
Breakfast	1 x	NewWeigh Meal Replacement Plan food (shake, soup or bar)
Lunch	1 x	NewWeigh Meal Replacement Plan food (shake, soup or bar)
Dinner		5-7oz/150-200g of skinless chicken/turkey/lean beef/lean pork/white fish fillet (any fish) or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad
Drinks		✓ Milk allowed in tea/coffee - Diet drinks allowed - Drink 2 litres of water every 24 hours ✗ No alcohol or fruit juices

DAY 2		1 Meal Replacement Plan (MRP) foods + 2 small meals
Breakfast	1 x	NewWeigh Meal Replacement Plan food (shake, soup or bar)
Lunch		5-7oz/150-200g of skinless chicken/turkey/lean beef/lean pork/white fish fillet (any fish) or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad
Dinner		5-7oz/150-200g of skinless chicken/turkey/lean beef/lean pork/white fish fillet (any fish) or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad
Drinks		✓ Milk allowed in tea/coffee - Diet drinks allowed - Drink 2 litres of water every 24 hours ✗ No alcohol or fruit juices

DAY 3		1 Meal Replacement Plan (MRP) food + 2 small meals (1 meal to include potato)
Breakfast	1 x	NewWeigh Meal Replacement Plan food (shake, soup or bar)
Lunch		5-7oz/150-200g of skinless chicken/turkey/lean beef/lean pork/white fish fillet (any fish) or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad ✓ <b>7oz/200g plain potato boiled/mashed/baked (no added butter or toppings)</b>
Dinner		5-7oz/150-200g of skinless chicken/turkey/lean beef/lean pork/white fish fillet (any fish) or 2 eggs (boiled/poached) + 100g of vegetables or 3 small tea cups of salad ✓ <b>7oz/200g plain potato boiled/mashed/baked (no added butter or toppings)</b>
Drinks		✓ Milk allowed in tea/coffee - Diet drinks allowed - Drink 2 litres of water every 24 hours ✗ No alcohol or fruit juices

## DAYS 4-7

### TIP FOR DAYS 4-7

The aim of days 4-7 is to establish a good habit of only eating 3 times a day, eating sensible portions and avoiding snacking and simple carbohydrates, please provide your usual weekly weigh-in.

DAYS 4-7	
Breakfast	1 x <b>NewWeigh</b> Meal Replacement Plan Food (shake, soup or bar)
Lunch Option 1	<b>Protein</b> e.g. 5-7oz/150-200g of skinless chicken/turkey/lean beef/lean pork/white fish fillet (any fish) or 2 eggs (boiled/poached) + 2 heaped tablespoons of vegetables or 3 small tea cups of salad
Lunch Option 2	2 slices of brown bread with <b>protein</b> and salad. Use only low fat/low calorie spreads – no butter
Lunch Option 3	Healthy soup + 2 slices of brown bread (no butter)
Dinner	<b>Protein</b> e.g. 5-7oz/150-200g of skinless chicken/turkey/lean beef/lean pork/white fish fillet(any fish)/tuna/quorn <b>OR</b> 2 eggs (boiled/poached) + 200g medium jacket potato/5 small new potatoes (no added fat) <b>OR</b> 75g brown rice (preferably) + 100g of vegetables or 3 small tea cups of salad
Drinks	✓ Milk allowed in tea/coffee - Diet drinks allowed - Drink 2 litres of water every 24 hours ✗ No alcohol or fruit juices
Optional Additional Foods	2 small pieces of fruit can be eaten <b>with meals or late in the evening</b> , and 1 small low fat/low calorie yoghurt

### DAY 8 ONWARDS

Replace 1 or 2 meals a day with **NewWeigh** MRP foods, and weigh yourself every week to see how you are managing your new lower weight.

### SALAD TIP

Use only very low fat dressings, e.g. balsamic vinegar. Avoid coleslaws, potato salad, etc.



# Weight Maintenance Plan

keeping in control

Phase 3  
Meal Replacement  
Plan

## Congratulations on your weight loss

- Your body is now lighter and requires less energy to run it. Therefore, you will need to eat less than you did before.
- If you return to your old eating habits, your excess weight is guaranteed to return.



**NewWeigh Meal Replacement Plan (MRP)**  
foods are a good way to stay on track

# How to continue after Your 7 Day Refeed Week

## The journey ahead

After **Refeed Week** use 1 **NewWeigh Meal Replacement Plan** product daily and check your weight after 7 days.



If you are **losing weight**

If your **weight is stable**

If your **weight is increasing**

Either continue as before, or if you are happy with your weight, you can eat a little more

Continue using **1 NewWeigh Meal Replacement Plan** product per day

Consider using **2 NewWeigh Meal Replacement Plan** products per day for some days in the week

Continue weighing yourself **once a week only**





# Use Meal Replacement Plan foods to stay in control

Phase 3  
Meal Replacement Plan



Replacing one or two daily meals or snacks with NewWeigh Meal Replacement Plan (MRP) foods is a successful weight loss and weight maintenance strategy.

- ✓ High Fibre
- ✓ High Protein
- ✓ 26 Vitamins and Minerals
- ✓ Can be used as a snack or meal
- ✓ Can be used either to manage your weight or to help you continue to lose more weight
- ✓ Tasty and convenient
- ✓ No need to count calories at mealtimes



## Tips to keep cravings away

Losing weight and maintaining a stable weight is very difficult. This is often due to cravings (insulin resistance). Your intentions are good, but keeping your calorie intake down is a struggle. Losing a significant amount of weight will help. Following the tips below will also help you stay on track.

### TIPS!

- ✓ **Keep mealtimes short (less than 20 minutes).**
- ✓ **Eat fruit only at mealtimes – not as a snack.**
- ✓ **Dieting retrains your taste buds. If you keep away from sweet, fatty and salty foods you won't develop a taste for them again.**
- ✓ **Sip 2 litres of water per day – often you think you are hungry but water will make the hunger go away.**
- ✓ **Avoid the problem foods that triggered your poor eating habits in the past.**
- ✓ **Only eat 3 times a day by the clock. The more often you eat the hungrier you will be!**
- ✓ **Eat some low Glycaemic Index (G.I.) foods at each meal.**
- ✓ **If you return to your old habits you will start to regain weight and the cravings will return.**
- ✓ **Use **NewWeigh Meal Replacement Plan (MRP)** foods once or twice a day to replace meals or snacks to keep your weight stable.**
- ✓ **Download your free MRP Booklet from our website.**

## Weight maintenance long term

### Weight fluctuations – the problems of 'water weight' (fluid bloat)

Most people lose around 7lb (3kg) of 'water weight' during week 1 of TDR. If you lost more than this, then unfortunately you retain more glycogen and 'water weight' than average. You can regain this weight in one day from poor eating.

To keep unwanted 'water weight' away you need to eat sensibly, keep your weight down and drink plenty of water. Excess 'water weight' can be lost by repeating the **Refeed Week** at any time (see pages 15-16).

Daily fluctuations in your weight are not important. It is only if your weight is increasing on a weekly basis that you need to take action. Keep a food diary (see page 23) and get in touch.

## Can I repeat the Refeed Week?

### The Refeed Week....

is useful any time you feel you need to get back into good habits or lose that feeling of excess fluid bloat.

### For example

- ✓ To regain control of eating
- ✓ To kickstart a diet
- ✓ Before or after holidays or a special occasion
- ✓ After Christmas or periods of over-indulgence



- Exercise is good for your mental and physical health.
- Regular exercise will help with your weight maintenance, but won't compensate for excess calories.
- If you haven't exercised for a while or have health problems e.g. blood pressure or diabetes, consult your doctor or chartered physiotherapist who can assess you and advise on a personal exercise plan.
- Build up to 30 minutes of moderate intensity aerobic exercise\* at least 5 times a week e.g. walking, dancing, gardening, hiking, swimming, cycling, sport.
- If you feel pain, dizziness or nausea during exercise you must stop and consult your doctor.
- Prevention really is better than cure, so try to quit smoking, drink alcohol only in moderation and take regular exercise.

\*World Health Organisation Physical Activity Guidelines for adults 18 - 64 years.



## Total Daily Energy Expenditure (TDEE)

The BMI calculator on the **NewWeigh** website also works out your TDEE. This is a very good estimate of the number of calories it takes to run your body for 24 hours.

## Keep a check on your BMI

- The Body Mass Index (BMI) chart is a very good indicator of how your weight affects your health.
- Excess weight increases your risk of many illnesses. The more overweight you are, the greater the risk. Taking responsibility for your own health is the best decision you can make.





# 7-Day Food Diary

Write your goal at the start of each week to keep you focused:

.....

.....

.....

- Eat 3 times a day only.
- Keep mealtimes short.
- Write it down before you eat it.
- Note the time you eat (identify eating patterns).
- Remember to be honest!

## MONDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
	1pm
EVENING	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
10pm	
11pm	

Water:  2 litres per 24hrs (Never more than 4L)

## TUESDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
	1pm
EVENING	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
10pm	
11pm	

Water:  2 litres per 24hrs (Never more than 4L)

## WEDNESDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
	1pm
EVENING	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
10pm	
11pm	

Water:  2 litres per 24hrs (Never more than 4L)

## THURSDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
	1pm
EVENING	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
10pm	
11pm	

Water:  2 litres per 24hrs (Never more than 4L)

## FRIDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
	1pm
EVENING	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
10pm	
11pm	

Water:  2 litres per 24hrs (Never more than 4L)

## SATURDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
	1pm
EVENING	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
10pm	
11pm	

Water:  2 litres per 24hrs (Never more than 4L)

## SUNDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
	1pm
EVENING	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
10pm	
11pm	

Water:  2 litres per 24hrs (Never more than 4L)



# BMI Body Mass Index

$$\frac{\text{Weight (kg)}}{\text{Height} \times \text{Height (m)}}$$

		ft	4'6"	4'7"	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"			
		m	1.37	1.40	1.42	1.45	1.47	1.50	1.52	1.55	1.58	1.60	1.63	1.65	1.68	1.70	1.73	1.75	1.78	1.80	1.83	1.85	1.88			
St	lb	kg	SUPER MORBID OBESE										SUPER MORBID OBESE			MORBID OBESE			SUPER OBESE							
			20	7	130	49.3	46.3	44.5	42.8	40.9	39.2	37.6	36.1	34.7	33.3	31.9	30.8	29.7	28.8	27.9	27.1		26.3	25.5	24.8	24.1
20	2	128	48.2	45.3	43.5	41.8	40.0	38.4	36.9	35.4	34.1	32.7	31.3	30.2	29.2	28.3	27.4	26.5	25.7	24.9	24.2	23.5	22.9	22.3	21.7	OBESSE
19	12	126	47.1	44.3	42.5	40.8	39.1	37.5	36.0	34.6	33.2	31.8	30.5	29.4	28.5	27.6	26.7	25.8	25.0	24.2	23.5	22.9	22.3	21.7	21.1	OBESSE
19	7	124	46.0	43.3	41.5	39.8	38.1	36.5	35.0	33.6	32.2	30.8	29.5	28.4	27.5	26.6	25.7	24.8	24.0	23.2	22.5	21.9	21.3	20.7	20.1	OBESSE
19	3	122	45.0	42.3	40.5	38.8	37.1	35.5	34.0	32.6	31.2	29.8	28.5	27.4	26.5	25.6	24.7	23.8	23.0	22.2	21.5	20.9	20.3	19.7	19.1	OBESSE
18	13	120	43.9	41.3	39.5	37.8	36.1	34.5	33.0	31.6	30.2	28.8	27.5	26.4	25.5	24.6	23.7	22.8	22.0	21.2	20.5	19.9	19.3	18.7	18.1	OBESSE
18	8	118	42.8	40.3	38.5	36.8	35.1	33.5	32.0	30.6	29.2	27.8	26.5	25.4	24.5	23.6	22.7	21.8	21.0	20.2	19.5	18.9	18.3	17.7	17.1	OBESSE
18	4	116	41.7	39.3	37.5	35.8	34.1	32.5	31.0	29.6	28.2	26.8	25.5	24.4	23.5	22.6	21.7	20.8	20.0	19.2	18.5	17.9	17.3	16.7	16.1	OBESSE
17	13	114	40.6	38.3	36.5	34.8	33.1	31.5	30.0	28.6	27.2	25.8	24.5	23.4	22.5	21.6	20.7	19.8	19.0	18.2	17.5	16.9	16.3	15.7	15.1	OBESSE
17	9	112	39.5	37.3	35.5	33.8	32.1	30.5	29.0	27.6	26.2	24.8	23.5	22.4	21.5	20.6	19.7	18.8	18.0	17.2	16.5	15.9	15.3	14.7	14.1	OBESSE
17	5	110	38.4	36.3	34.5	32.8	31.1	29.5	28.0	26.6	25.2	23.8	22.5	21.4	20.5	19.6	18.7	17.8	17.0	16.2	15.5	14.9	14.3	13.7	13.1	OBESSE
17	0	108	37.3	35.3	33.5	31.8	30.1	28.5	27.0	25.6	24.2	22.8	21.5	20.4	19.5	18.6	17.7	16.8	16.0	15.2	14.5	13.9	13.3	12.7	12.1	OBESSE
16	10	106	36.2	34.3	32.5	30.8	29.1	27.5	26.0	24.6	23.2	21.8	20.5	19.4	18.5	17.6	16.7	15.8	15.0	14.2	13.5	12.9	12.3	11.7	11.1	OVERWEIGHT
16	5	104	35.1	33.3	31.5	29.8	28.1	26.5	25.0	23.6	22.2	20.8	19.5	18.4	17.5	16.6	15.7	14.8	14.0	13.2	12.5	11.9	11.3	10.7	10.1	OVERWEIGHT
16	1	102	34.0	32.3	30.5	28.8	27.1	25.5	24.0	22.6	21.2	19.8	18.5	17.4	16.5	15.6	14.7	13.8	13.0	12.2	11.5	10.9	10.3	9.7	9.1	OVERWEIGHT
15	11	100	32.9	31.3	29.5	27.8	26.1	24.5	23.0	21.6	20.2	18.8	17.5	16.4	15.5	14.6	13.7	12.8	12.0	11.2	10.5	9.9	9.3	8.7	8.1	OVERWEIGHT
15	6	98	31.8	30.3	28.5	26.8	25.1	23.5	22.0	20.6	19.2	17.8	16.5	15.4	14.5	13.6	12.7	11.8	11.0	10.2	9.5	8.9	8.3	7.7	7.1	OVERWEIGHT
15	2	96	30.7	29.3	27.5	25.8	24.1	22.5	21.0	19.6	18.2	16.8	15.5	14.4	13.5	12.6	11.7	10.8	10.0	9.2	8.5	7.9	7.3	6.7	6.1	OVERWEIGHT
14	11	94	29.6	28.3	26.5	24.8	23.1	21.5	20.0	18.6	17.2	15.8	14.5	13.4	12.5	11.6	10.7	9.8	9.0	8.2	7.5	6.9	6.3	5.7	5.1	OVERWEIGHT
14	7	92	28.5	27.3	25.5	23.8	22.1	20.5	19.0	17.6	16.2	14.8	13.5	12.4	11.5	10.6	9.7	8.8	8.0	7.2	6.5	5.9	5.3	4.7	4.1	OVERWEIGHT
14	2	90	27.4	26.3	24.5	22.8	21.1	19.5	18.0	16.6	15.2	13.8	12.5	11.4	10.5	9.6	8.7	7.8	7.0	6.2	5.5	4.9	4.3	3.7	3.1	OVERWEIGHT
13	12	88	26.3	25.3	23.5	21.8	20.1	18.5	17.0	15.6	14.2	12.8	11.5	10.4	9.5	8.6	7.7	6.8	6.0	5.2	4.5	3.9	3.3	2.7	2.1	HEALTHY
13	8	86	25.2	24.3	22.5	20.8	19.1	17.5	16.0	14.6	13.2	11.8	10.5	9.4	8.5	7.6	6.7	5.8	5.0	4.2	3.5	2.9	2.3	1.7	1.1	HEALTHY
13	3	84	24.1	23.3	21.5	19.8	18.1	16.5	15.0	13.6	12.2	10.8	9.5	8.4	7.5	6.6	5.7	4.8	4.0	3.2	2.5	1.9	1.3	0.7	0.1	HEALTHY
12	13	82	23.0	22.3	20.5	18.8	17.1	15.5	14.0	12.6	11.2	9.8	8.5	7.4	6.5	5.6	4.7	3.8	3.0	2.2	1.5	0.9	0.3	-0.3	-0.9	HEALTHY
12	8	80	21.9	21.3	19.5	17.8	16.1	14.5	13.0	11.6	10.2	8.8	7.5	6.4	5.5	4.6	3.7	2.8	2.0	1.2	0.5	-0.1	-0.7	-1.3	-1.9	HEALTHY
12	4	78	20.8	20.3	18.5	16.8	15.1	13.5	12.0	10.6	9.2	7.8	6.5	5.4	4.5	3.6	2.7	1.8	1.0	0.2	-0.5	-1.1	-1.7	-2.3	-2.9	HEALTHY
12	0	76	19.7	19.3	17.5	15.8	14.1	12.5	11.0	9.6	8.2	6.8	5.5	4.4	3.5	2.6	1.7	0.8	0.0	-0.8	-1.5	-2.1	-2.7	-3.3	-3.9	HEALTHY
11	9	74	18.6	18.3	16.5	14.8	13.1	11.5	10.0	8.6	7.2	5.8	4.5	3.4	2.5	1.6	0.7	-0.1	-0.9	-1.7	-2.4	-3.0	-3.6	-4.2	-4.8	HEALTHY
11	5	72	17.5	17.3	15.5	13.8	12.1	10.5	9.0	7.6	6.2	4.8	3.5	2.4	1.5	0.6	-0.2	-1.0	-1.8	-2.6	-3.3	-3.9	-4.5	-5.1	-5.7	HEALTHY
11	0	70	16.4	16.3	14.5	12.8	11.1	9.5	8.0	6.6	5.2	3.8	2.5	1.4	0.5	-0.4	-1.2	-2.0	-2.8	-3.6	-4.3	-4.9	-5.5	-6.1	-6.7	HEALTHY
10	10	68	15.3	15.3	13.5	11.8	10.1	8.5	7.0	5.6	4.2	2.8	1.5	0.4	-0.5	-1.3	-2.1	-2.9	-3.7	-4.5	-5.2	-5.8	-6.4	-7.0	-7.6	UNDERWEIGHT
10	6	66	14.2	14.3	12.5	10.8	9.1	7.5	6.0	4.6	3.2	1.8	0.5	-0.6	-1.4	-2.2	-3.0	-3.8	-4.6	-5.4	-6.1	-6.7	-7.3	-7.9	-8.5	UNDERWEIGHT
10	1	64	13.1	13.3	11.5	9.8	8.1	6.5	5.0	3.6	2.2	0.8	-0.5	-1.6	-2.4	-3.2	-4.0	-4.8	-5.6	-6.4	-7.1	-7.7	-8.3	-8.9	-9.5	UNDERWEIGHT
9	11	62	12.0	12.3	10.5	8.8	7.1	5.5	4.0	2.6	1.2	-0.2	-1.7	-2.6	-3.4	-4.2	-5.0	-5.8	-6.6	-7.4	-8.1	-8.7	-9.3	-9.9	-10.5	UNDERWEIGHT
9	6	60	10.9	11.3	9.5	7.8	6.1	4.5	3.0	1.6	0.2	-1.3	-2.2	-3.0	-3.8	-4.6	-5.4	-6.2	-7.0	-7.8	-8.5	-9.1	-9.7	-10.3	-10.9	UNDERWEIGHT
9	2	58	9.8	10.3	8.5	6.8	5.1	3.5	2.0	0.6	-0.9	-1.8	-2.6	-3.4	-4.2	-5.0	-5.8	-6.6	-7.4	-8.2	-8.9	-9.5	-10.1	-10.7	-11.3	UNDERWEIGHT
8	12	56	8.7	9.3	7.5	5.8	4.1	2.5	1.0	-0.5	-1.4	-2.2	-3.0	-3.8	-4.6	-5.4	-6.2	-7.0	-7.8	-8.6	-9.3	-9.9	-10.5	-11.1	-11.7	UNDERWEIGHT
8	7	54	7.6	8.3	6.5	4.8	3.1	1.5	0.0	-1.5	-2.4	-3.2	-4.0	-4.8	-5.6	-6.4	-7.2	-8.0	-8.8	-9.6	-10.3	-10.9	-11.5	-12.1	-12.7	UNDERWEIGHT
8	3	52	6.5	7.3	5.5	3.8	2.1	0.5	-1.0	-1.9	-2.7	-3.5	-4.3	-5.1	-5.9	-6.7	-7.5	-8.3	-9.1	-9.9	-10.6	-11.2	-11.8	-12.4	-13.0	UNDERWEIGHT
7	12	50	5.4	6.3	4.5	2.8	1.1	-0.5	-1.4	-2.3	-3.1	-3.9	-4.7	-5.5	-6.3	-7.1	-7.9	-8.7	-9.5	-10.3	-11.0	-11.6	-12.2	-12.8	-13.4	UNDERWEIGHT

OBESSE

OVERWEIGHT

HEALTHY

UNDERWEIGHT

15 – 20 Underweight	20 – 25 Healthy	25 – 30 Overweight	30 – 35 Obese
35 – 40 Super Obese	40 – 45 Morbid Obese	45 – 50 Super Morbid Obese	50+ Super Super Morbid Obese

Name  Date:

Starting BMI:  Weight:  Target BMI:  Weight:

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